

## 6 Week Metabolism Boosting Workout

Designed for Intermediate/Advanced Exercisers

Shock your body with change, gain more muscle, and boost your metabolism for a leaner look!

### Week 1

#### Day 1

Exercise	Sets x Reps	Percent / How Heavy?	Notes
Warm-Up	5:00 Double Under Practice		
Squat Snatch	6x3	Increasing weight	Warm-up with as many sets needed before beginning your work sets of 6x3
Deadlift	7x3	75-80%	
Good Mornings	3x5	20-30% Back Squat Max	
Farmer Carries	3x50'	As heavy as possible	
Metcon	AMRAP 12: 12 KB Swings, 200m Sprint, 12 Wall Balls (As Many Rounds As Possible)		

#### Day 2

Exercise	Sets x Reps	Percent / How Heavy?	Notes
Warm-Up	5:00 Row or Assault Bike		
Strict Press	6x3	Increasing weight	Warm-up with as many sets needed before beginning your work sets of 6x3
Bench Press	5x3	80-90%	Warm-up with as many sets needed to get to roughly 80-90%
Floor Press	3x8-10	AHAP (As heavy as possible)	You can use dumbbells/kettlebells or barbell.
Metcon	EMOM 14 (Every min on the min for 14 min): Min 1: Max Effort Handstand Push-ups (Sub seated DB presses as needed) Min 2: Max Effort Wall Balls (20/14 lbs) Scale as needed		

Day 3

Exercise	Sets x Reps	Percent / How Heavy?	Notes
Warm-Up	5:00 Row		
Clean and Jerk	6x2-3 then 2x1	Increasing weight Heavy singles close to max	Warm-up with as many sets needed before beginning your work sets of 6x2-3
Back Squat	2x4 2x2	Increasing weight	Warm-up with as many sets needed to get to roughly 75-80% before beginning your work sets of 2x4.
Bulgarian Split Squats	4x10	AHAP (As heavy as possible)	You can use dumbbells or barbell. 5/Leg
Barbell Hip Thrusts	3x8-10	Aim for bodyweight or as heavy as possible	
Metcon	6 Rounds: 1:00 Row for Calories, 1:00 Rest		

Day 4

Exercise	Sets x Reps	Percent / How Heavy?	Notes
Warm-Up	5:00 Row		
Decline Dumbbell Bench Press	5x5 Then 2x3	Heavy  Heavier	If you can get more than 5 reps the weight is too light. In sets 2x3, if you can get more than 3 reps, the weight is too light.
Pendlay Barbell Rows	4x6	Heavy.	If you can get more than 6 reps, (with good form) the weight is too light.
Banded Face Pulls	4x10		
Banded Pull-Aparts	3x8-10		
Metcon	6 Rounds: 60 second row for max meters, 30 second rest		

## Week Two

### Day 1

Exercise	Sets x Reps	Percent / How Heavy?	Notes
Warm-Up	5:00 Double Under Practice		
Squat Snatch	6x2		Warm-up with as many sets needed before beginning your work sets of 6x2
Power Cleans	6x2		Warm-up with as many sets needed before beginning your work sets of 6x3
Paused Back Squats	6x3	AHAP	Pause two seconds at the bottom
Farmer Carries	3x50'	AHAP	
DB Upright Rows	4x8	AHAP	
Metcon	8 sets of 20 seconds of sprints followed by a 10 second break. Rest 2:00 then repeat.		

### Day 2

Exercise	Sets x Reps	Percent / How Heavy?	Notes
Warm-Up	3:00 Row or Bike + 3x10 Box Jumps and Burpees		
Power Snatch	5x3		Warm-up with as many sets needed before beginning your work sets of 5x3
Bench Press	5x3		Warm-up with as many sets needed before beginning your work sets of 5x3
Push Press	5x3		Warm-up with as many sets needed before beginning your work sets of 5x3
Weighted Dips	4x5-8	Max Effort	Scale as needed
Pull-ups	4 sets	Max Effort	Scale to ring rows as needed
Metcon	AMRAP 12: 12 KB Swings, 24 Hollow Rocks, 48 Double Unders		

Day 3

Exercise	Sets x Reps	Percent / How Heavy?	Notes
Warm-Up	3:00 Row + 3:00 Double Under Practice		
Clean and Jerk	6x1	HEAVY. Increase weight as possible. No failure	Warm-up with as many sets needed before beginning your work sets of 6x1.
Back Squat	6x2	HEAVY 90%+	Warm-up with as many sets needed before beginning your work sets of 6x2
Rack Pulls	6x3	AHAP with GREAT form	
GHD Sit-Ups	3x15		
Glute Ham Raises	3x15		
Lateral DB Raises	4x8		
Metcon	6 Rounds: 1:00 Max Effort Farmer Carries AHAP, followed by 1:00 rest		

Day 4

Exercise	Sets x Reps	Percent / How Heavy?	Notes
Warm-Up	10:00 Run		
Hang Snatch	6x2	HEAVY. Increase weight as possible. No failure	Warm-up with as many sets needed before beginning your work sets of 6x2.
Bench Press	6x2	HEAVY 90%+	Warm-up with as many sets needed before beginning your work sets of 6x2
Close Grip Floor Press	6x5	AHAP	
Banded Pull-Aparts	3x15		

Med Ball or Swiss Ball Hamstring Curls	3x12-15		
Plank Holds with Banded Lat Pulls	4x20-30 seconds		
Metcon	6 Rounds: 1:00 Max Effort Farmer Carries AHAP, followed by 1:00 rest		

### REPEAT

Repeat this workout for the next four weeks, for six weeks total. When you start over, see if you can't lift heavier than weeks 1-2 in weeks 3-4, and even heavier in weeks 5-6.

### Scheduling and Stretching:

You can schedule these workouts any way you want throughout the week. I would probably do three days on, one off, one on, and take the weekend off...but that's just me. You do you...or judge by the soreness you may experience.

Speaking of soreness, please be sure you spend plenty of time stretching post-workout. Post-workout mobility is linked to a much higher rate of recovery and less chance of soreness. Try a 10-20 minute [ROMWOD mobility routine](#) if you like taking the thinking part out of your training and having someone tell you what to do! If nothing else, at least hop on a foam roller for 5+ minutes.

### Off Days

If you have access to a weight vest, I highly recommend taking a two-mile weight vest walk. If you don't have a weight vest and you have access to a treadmill, walk at a challenging incline for two miles. If that's too tough, walk at a pace that keeps your heart rate around 90-120 bpm for the two (or one?) mile.

Mobilize and recover. If you're not used to this type of training, your body is likely going to feel sore. Try a 20-45 minute [ROMWOD mobility routine](#), or take a yoga class.

### EAT.

If you feel hungry, that's a great sign! Make sure you're eating plenty of carbs post training with lean protein. The best thing you could probably have is a protein shake within 30 minutes of training containing about 25g of protein from a powder source, and 50g of carbs from fruit and berries. Avoid anything fatty post training.

For more nutritional guidance, visit our [SF Coaching Page here](#).